

San Nicolas Community Paper

Unity In The Community Foundation



Life Is What You Make It!

1

FOR SAN NICOLAS

Uniting our
Community

2

FROM SAN NICOLAS

Informing our
Community

3

BY SAN NICOLAS

Educating our
Community



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San Nicolas Community Paper Loved All Over



CONTACT US :

E-Mail: Unityinthecommunityfoundation@gmail.com

Website: www.unityinthecommunityfoundation.com





Attacks on the police continue!

Last week, we spoke about San Nicolas community bombarding the police with rocks, however it's not only the district of San Nicolas this is happening, This is happening around the entire island, we do know that we have to respect the authority, but the authority also needs to give us something to respect. If this was happening only in San Nicolas we

could have said it's our community, however this is island wide. Police need a better approach to it's people.



Cayena Street Setting Traps for the police!

In the area of Cayena street San Nicolas, some persons put in the streets during curfew these objects to do harm of the police cars, that frequently control these areas, however the police are on high alert, and stopped on time to not get damaged.



Pharmacy On Duty

17th April - 24th April

San Nicolas:

Botica San Lucas 584 5119

Oranjestad:

Botica Paradera 588 6638



COVID-19
Corona Virus

NUMBERNAN IMPORTANTE

Bo ta sinti cu bo tin sintoma di e Virus? (7:00 AM - 11:00 PM):

280 0101

Bo sinti un malestar? (8:00 AM - 4:00 / 5:00 PM):

Yama bo docter di cas

Bo tin un problema di salud grave? (7:00 AM - 6:00 PM):

Yama e Spoed-Nummer di bo docter di cas

Bo ta den un Emergencia:

911

Bo ta bayendo Eerste Hulp durante Toque de Queda?:

Informa 100

60+ Combersa y no preocupa:

280 0505

Problema cu Salud Mental (2:00 PM - 10:00 PM):

281 0909

Fundacion pa Hende Muhe den Dificultad:

567 1670

Bo a perde Trabou (despues di 13 di maart)?

280 0707

Pa residentenan pega den exterior:

RegresoAruba@Crisis.aw

Servicio Social:

Savaneta, San Nicolas y besindario (7:40 AM - 4:30 PM):

582 1130

Paradera, Piedra Plat, Noord y besindario 7:40 AM - 4:30 PM):

582 1140

Sta Cruz, Dakota, O' Stad, Ponton y besindario (7:40 AM - 4:30 PM):

582 1120



Special Available Only At AruPro



HOT price

PACKAGE #1
50 AWG

Type to enter text

Hand Soap
Antibacterial
Presentation: 1-gallon / 128 fl oz

SOAP DISPENSER

manual single

button color:

pump type:



Package #3

HOT price

30 AWG

Bactericide
Disinfectant Cleaner
Citrus

ANTIBACTERIAL DISHWASHING LIQUID
Arupro
Chemicals & Agencies
World Wide Quality Products
Made in Brazil
SWEAK LEMON

Bactero
Arupro
Chemicals & Agencies
World Wide Quality Products
Made in Brazil
Sanitizer / cleaner
Presentation: 500ml

Hand Soap
Arupro
Chemicals & Agencies
Antibacterial
Presentation: 500ml

Bactero
Arupro
Chemicals & Agencies
ECO FRIENDLY
MILDEW CLEANER AND
ELIMINATES BAD ODORS



Package #2

HOT price

30 AWG

Ironella
Eco Friendly
Natural Pesticide-Cleaner
Controls mosquito larvae!

ANTIBACTERIAL DISHWASHING LIQUID
Arupro
Chemicals & Agencies
World Wide Quality Products
Made in Brazil
SWEAK LEMON

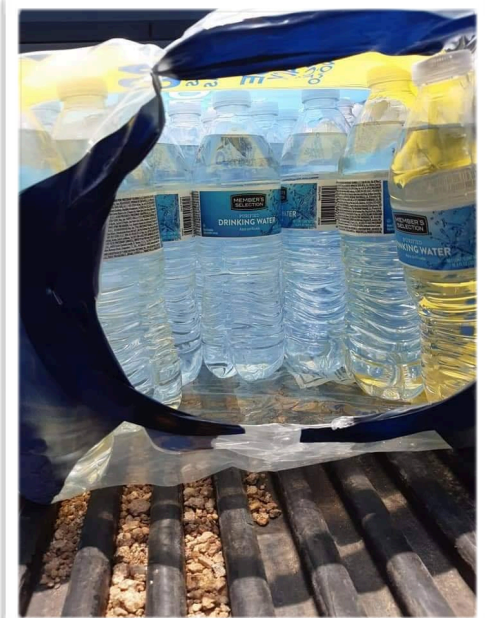
Bactero
Arupro
Chemicals & Agencies
World Wide Quality Products
Made in Brazil
Sanitizer / cleaner
Presentation: 500ml

Garden Rain
Arupro
Chemicals & Agencies
Bacteriostatic Sanitizer
Odor control
Presentation: 500ml

Hand Soap
Arupro
Chemicals & Agencies
Antibacterial
Presentation: 500ml

Unity In The Community Foundation In Action

Unity In The Community shared out some Sunday Blessings yesterday, food, fruits, water to families around San Nicolas. Thanks for all those who believe in the work we do for our Community. Cooked food prepared by one of Aruba best cooks thank you Aleja Emanuels



**COVID-19
CORONAVIRUS**



**SI BO MESTER BAY 'EERSTE HULP'
DURANTE TOQUE DE QUEDA**

Informa  **100**



LET'S HELP OUT!

THOSE IN NEED DURING THIS CORONA VIRUS

Help us keep helping
the Community they
need people who
care

ARUBA BANK

UNITY IN THE COMMUNITY
FOUNDATION

#6007720190

What To Stock Up On For This Corona Virus Preparation!

First, you'll want to scan your pantry.

Take a quick look at what you already have on hand to make sure you don't overbuy. You don't need to go crazy with purchasing canned goods if you already have the recommended two-weeks' worth. The same goes for cleaning supplies.

Then add non-perishables, long-lasting perishables, frozen fruits and canned vegetables to your grocery list.

If you have fresh produce in your home, use that up first to minimize any waste. Then, look for canned, boxed, and shelf-stable items to have on hand. When it comes to canned goods, it's always preferable to look for low-sodium versions, and cans that say they don't have BPA lining, if you can find them. Frozen foods are excellent to have on hand, as well.

When it comes to perishables, don't be afraid to add some fresh produce to your list; just try to choose items that



are longer-lasting (we've listed them out for you below) or foods you can freeze. Try to choose whole produce when possible instead of pre-cut (for example, whole mushrooms keep longer than sliced). If you accidentally buy too much fresh produce, know that you can freeze just about any fruit or vegetable (except items like celery, lettuce, and cucumbers that have a high water content and can get very soggy). Bananas another good purchase — if they get too ripe, simply peel and cut them, then freeze and add to smoothies.

Below are some items to use as a starting point for your shopping list, but keep in mind you should be buying foods you would normally eat. And of course, pick up food and drinks you just plain enjoy, such as

coffee, tea, and dark chocolate. Also, if you have a baby or toddler in the house, you're going to want to add the essentials they need to your list as well. Fruit

Applesauce and other fruit purees

Canned fruit in water

Frozen fruit

Dried fruit

Long-lasting fresh fruit (i.e., apples, oranges, pomegranates, lemons, limes)

Vegetables

Canned vegetables (i.e., green beans, carrots, peas, diced tomatoes, pumpkin puree), low-sodium if possible

Canned vegetable-based soups and chilis, low-sodium if possible

Frozen vegetables (i.e, broccoli, cauliflower, asparagus)

Jarred tomato sauce

Jarred salsa

Long-lasting fresh vegetables (i.e., potatoes, sweet potatoes, squash such as spaghetti or butternut, carrots, parsnips, onions, garlic, whole mushrooms)

Protein

Tuna or salmon, canned or in a pouch

Chicken or turkey, canned or in a pouch

Frozen fish, such as shrimp or individually portioned pieces of salmon

Shelf-stable silken tofu

Lentils, canned or vacuum-sealed

Eggs and egg beaters

Nut/seed butter

Nuts and seeds

Trail mix

Dry or canned beans

Hummus

Grains

Whole wheat pasta or chickpea pasta

Brown rice

Ancient grains (i.e., quinoa, farro)

Oats

Instant oatmeal packets/cups

Popcorn

Whole wheat or seed crackers

Whole wheat or sprouted bread (can keep in freezer and toast when ready to eat)

Dairy

Shelf-stable boxes of milk (shelf-stable varieties are available for regular and non-dairy milks)

Powdered milk

Hard cheeses, such as parmesan or pecorino, last the longest

Healthy Fats

Olive oil

Avocado oil

Flax seeds

Chia seeds

Unsalted grassfed butter (store in the freezer)

Beverages

Water (if you're unable to or prefer not to drink tap)

Low-sugar electrolyte drinks

Pre-made protein-shakes or meal-replacement shakes (in case you get sick and lose your appetite)

Canned or boxed low-sodium broth

Take note of what toiletries and cleaning supplies you need.

Basic toiletries include toothpaste, floss, face wash, moisturizer, shampoo, conditioner, razors, shaving cream, and hand sanitizer with at least 60% alcohol. Extra laundry detergent and hand soap are also important to have at home. As for household disinfectants, the CDC recommends diluted household bleach solutions, alcohol solutions with at least 70% alcohol, and most common EPA-registered household disinfectants.

It also says: "Diluted household bleach solutions can be used if appropriate for the surface. Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted."

Prepare a bleach solution by mixing:

5 tablespoons (1/3 of a cup) bleach per gallon of water or 4 teaspoons bleach per quart of water

Be sure to check your medicine cabinet.

For those on prescription medications, consider calling ahead for an extra month or two of medicine just in case. The American Red Cross recommends having at least a 30-day supply of any prescription medications for those in your home. (CVS is now delivering prescribed medications to customers for free.) They also advise at least a one month's supply of over-the-

counter medicines such as pain relievers, stomach remedies, cough and cold medicines, and throat lozenges. A daily multivitamin is also a good idea to stock up on so you're able to get those essential vitamins and minerals if your food choices are limited.

And don't forget about your pets.

Pick up extra animal supplies, including medications and food. Wee-wee absorbent pads can come in handy as well if you can't get out to walk your dog. Remember: Having a pet is like having another human being inside the house — they require just as much care and supplies as any of us do, if not more.

